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HOUSEKEEPERS' CHAT Friday, July 8, 1932.

(FOR BROADCAST USE ONLY)

Subject: "A Warm-Weather Lunch." Information from the Bureau of Home Economics, U.S.D.A.

"Suppose you were going to have company for lunch. And suppose it was a very hot day. And suppose you felt lazy and didn't want to fuss preparing the meal. Suppose all these things, what would you serve for lunch?"

That's what I asked the Menu Specialist the other day.

"You mean that you want a tempting but simple and easy-to-prepare luncheon that both the hostess and her guests will apprecialte?" She inquired.

"Exactly, if you please."

The menu Specialist looked thoughtful for a moment. Then she began to write and talk at the same time. She wrote "jellied veal loaf." at the top of her paper.

And she said, "I believe that jellied meat is the most tempting kind of meat for a hot day. Any delicate cooked meat, or even fish, can be molded in jelly you know. Make a gelatin base and add the chopped or finely cut meat and plenty of seasoning. You can use either veal or chicken. Pour this mixture into a loaf tin--or mold it in any other shape you prefer-- and set it away in the refrigerator to cool and set until you are ready to serve it. You can prepare this meat dish in the cool of the day. You might make it up in the evening of the day before or early in the morning before it gets hot. I always think a jellied loaf has a delicious cool look as it comes on the table; and I like to serve it on a glass platter and garnish it with parsley and thin slices of crisp cucumber. It's enough to bring an appetite to anyone, even on the hottest day. Yes, you serve the jellied loaf in slices just like any other meat loaf and if you like catsup or chile sauce with it, that adds a nice dash of color to your plate. By the way, a jellied veal loaf is a good way to use up left-over meat. Or you can buy a knuckle of veal and cook it for the purpose. Either way it's inexpensive.

The Menu Specialist went on with the menu.

With the meat loaf I think I'd serve just a simple crisp green lettuce salad with French dressing. Nobody wants a hearty salad on a hot day. Something cool and crisp and green goes to the spot, though. And with it I'd serve little hot biscuits or rolls. I believe I'd enjoy some cheese biscuits with that meal--you know, baking powder biscuits made with grated cheese in the dough. Just those three things for the main course. Is that simple enough to suit you?"

I asked about dessert.

"Dessert?" said the Menu Specialist. "I'll tell you the way I'd like to top off that meal - with jelly roll and iced chocolate."

There's the menu: Jellied veal loaf; Lettuce salad; Hot rolls or biscuits; and Jelly roll with Iced chocolate.

Before we finish today, I'm going to give you the best recipe I know for jellied veal loaf. But, in the meantime, before I forget, I do want to talk over this matter of iced chocolate with you.

You remember that a week or so ago we had a long chat about refreshing fruit drinks. But we neglected the milk drinks. I want to make up for that today, because milk drinks are so good for the whole family, so nourishing, and if properly made, so very good beside.

You can use fresh whole milk, or evaporated, malted, condensed or powdered milk as a basis. Then you can add all sorts of flavorings and sugar syrup for sweetening.

When you've put all the ingredients together, the final directions are; always: Mix and shake well. That's because milk drinks need to be frothy and foaming. And because the flavor is only at its best if the ingredients are thoroughly blended, if the sugar and the seasoning are evenly distributed through every part of the liquid. A good shaking does the blending as nothing else will. It helps to spread the sweet and the flavor.

I don't know what <u>your</u> pet way of shaking up a milk drink is. Different people like to do it by different methods.

What to use for a shaker? Well, a very simple shaker is a quart glass preserving jar with a towel around the cover to catch any liquid that may spill out. Of course, there are shakers just made for beverages - the kind the soda fountain boys use.

For hot liquids, like cocoa or chocolate, and for milk and egg drinks, an egg beater in a deep container is the best mixer.

Another simple way to do this mixing is to use two pitchers and pour the beverage back and forth from one to the other.

So much for the shaker. Now to make our iced chocolate or cocoa. These are favorite hot-weather drinks. And no wonder. They're both nourishing and delicious. You can serve them in tall frosty glasses with a puff of sweetened whipped cream on top or with a ball of ice cream floating in the glass. To make them? First prepare a somewhat rich mixture of the <u>hot</u> beverage. Be sure to cook it thoroughly and beat it well when you are through use

a pinch of salt to bring out the flavor. Then set the beverage away in the refrigerator to chill. Beat again before you serve it. And add a very little bit of vanilla or almond for decided flavor.

If a layer of skin has formed over the top of the cocoa while it was standing in the refrigerator, you can remove this before beating up the cold cocoa. Generally, however, the beating will break it up.

There are several ways of adding variety to your iced cocoa. You can add a few drops of flavor and serve a sprig of fresh mint on top. You can add a stick of cinnamon to the cocoa when you cook it. Remove the cinnamon stick before serving. Or you can make a mocha chocolate--four cups of iced chocolate and one cup of strong iced coffee beaten together.

Any milk drink is better if it is chilled in the refrigerator or by the addition of ice cream than if it is chilled by cracked ice. You see, ice is inclined to make it watery. This is especially so in the case of cocoa and chocolate.

Now for that recipe for jellied veal loaf. It's quite a long recipe. I hope you have stout points on your pencils.

Twelve ingredients:

1 knuckle of veal, about two pounds
2 quarts of cold water
1 onion sliced
1 tablespoon of gelatin
2 tablespoons of cold water
1/2 cup of finely cut celery
Salt and pepper
2 tablespoons of finely chopped parsley
1 tablespoon of lemon juice
2 tablespoons of finely chopped pimiento
1/8 teaspoon of celery seed
A dash or two of tabasco sauce.

Let's go over those twelve ingredients once again. (Repeat.)

As I said, you can make this jellied veal of left-overs, or you can buy the veal and cook it. If you buy a knuckle of veal, ask the butcher to crack the bones. Wash the knuckle well and cover it with the two quarts of cold water. Add the onion. Heat slowly to the boiling point and then simmer, partly covered, until the meat is tender. Pour off and measure the liquid. There should be about a quart. Now remove the meat from the bones, discarding all gristle and bone splinters. Then, either grind or chop the meat very fine. There's your meat all ready. Soften the gelatin in the 2 tablespoons of cold water and add it to the hot stock. Chill the mixture and, when partly set, add the meat and seasonings and stir until they are well mixed. Season to taste with salt, pepper, and tabasco sauce. Rinse out loaf tin or a large mold or individual molds with cold water. Pour in the mixture, and allow it to stand some hours or overnight in a refrigerator. Remove it from the mold and serve it garnished with lettuce and mayonnaise dressing or with thickly sliced tomatoes or cucumbers.

Monday: "More Economy News."